



Kingsport Senior Center News

August 2013

Volume XXI Edition 8

**1200 East Center Street
Kingsport, Tennessee 37660**

15 day/14 night Australia and New Zealand Cruise

January 19-February 3, 2014

Cost: \$4874.00 Per Person Inside Cabin

\$5424.00 Per Person Balcony Cabin

*Included in your price— Round-trip airfare, 2 night hotel accommodations in Atlanta, GA, cruise, cabin, shipboard meals, port charges, taxes and transfers in Auckland & Sydney.

(Make checks payable to PML Travel)

Travel Protection highly recommended.(Purchase with deposit)

\$438.00 per person inside cabin; \$488.00 per person balcony.

\$250.00 deposit due at sign up.

Must be signed up by August 15, 2013 to guarantee availability.

Final balance due October 4, 2013.

Call Shirley Buchanan 392-8403 or Marlana Williams 392-8405 for information.

Daily itinerary located on page 15.

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close
15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
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392-8402

Program Leader ~ Michelle Tolbert
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392-8404

Wellness Coordinator ~ Kevin Lytle
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392-8407

Program Leader ~ Marlana Williams
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392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
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392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Nutrition Site Manager ~ Sona Bingham
246-8060

WELLNESS

WELLNESS SEMINARS

Diabetes: Megan Richardson, Pharm.D., Pharmacy Manager with Walgreens will be at the Center on **Tuesday, September 10, 2013 at 12:30 pm** in the Card Room. Topic of discussion will be “Diabetes”: This seminar will discuss how to use your blood glucose meter, how to use your lancing device and test strips. She will also discuss the different medication for diabetics and how to get your numbers down. This program will offer ideas for changing the course you are on.

Flu Vaccine Clinic: Walgreens Pharmacy will be offering a Flu Vaccine Clinic on **Thursday, September 18, 2013** from 9:00 am to 11:00 am in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient, pneumonia vaccine will be available and is covered by Medicare. Without any insurance the current retail prices of the vaccines are:
Influenza: \$25.00
Pneumonia: \$85.00

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Walgreens will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the clients primary care physician. Stop by the office to sign up, walk-ins are welcome.

Medicare Open Enrollment: Megan Richardson, Pharm.D., Pharmacy Manager with Walgreens will be at the Center on **Tuesday, October 8, 2013** at 12:30 pm in the Card Room. Topic of discussion will be “Medicare Enrollment”: This seminar will discuss Medicare open enrollment and help you determine whether or not your current Medicare coverage is working for you. Also she will discuss if you are enrolled in Medicare Advantage plan or Part D prescription drug plan, and you feel that you may receive adequate or better health care at the same or a lower premium by switching your plan. The next Medicare open enrollment period will be from October 15th through December 7th, 2013. Changes will take effect on January 1st, 2014.

Slow and Steady Slims the Waist

Scarfig a sandwich at your desk hardly qualifies as a lunch break. New research published in the journal Appetite shows that **eating slowly at lunch can help you reduce mid-afternoon snacking.** When people chewed each bite of their lunchtime sandwich for 30 seconds, they ate less than half as much candy later in the afternoon as those who chewed at their normal pace. Slow eating may help you encode the meal into your memory, making it so satisfying that you don’t desire as much food later in the day, says study author Suzanne Higgs, Ph.D.

LUNCH & LEARN

Fall Prevention: Dr. David Franzus, M.D., Internal Medicine, Gerontology, will be at the Center on **Thursday, August 8, 2013**, in the Card Room from 10:30 am to 11:30 am with lunch sponsored by Crown Cypress Assisted Living at 11:30 Topic of discussion will be “Facts About Falls”.

Falls and Fall Injuries:

Are more common than strokes and can be just as serious in their consequences

Are the most preventable cause of needing nursing home placement

Lead to problems with daily activities like dressing, bathing, and walking around

Among Adults 70 Years and Older:

3 in 10 fall each year

2 in 10 who need home health care after being in the hospital will fall during the first month after coming home

In the United States, 16 percent of all Emergency Department visits and almost 7 percent of all hospitalizations are for fall-related injuries

So stop by the office or call 423-392-8400 to sign up, there is a limit of 25 seats available.

TOURNAMENTS

Pickleball Tournament: The tournament will be held on **Friday, August 9, 2013 at 10:00 am** at Lynn View. This tournament will be doubles playing the best three games, with double elimination. The tournament will be rally score to 11 points, teammates will be drawn randomly; with prizes awarded to 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

Shuffleboard Tournament: We invite all shuffleboard players to show off your skills on **Friday, September 6, 2013 at 9:30 am.** This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the score board. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Sign ups start on August 7, 2013.

Extra-Virgin Sunscreen

It’s time to switch to an olive complexion. ***Eating monounsaturated fatty acids (MUFAs) may protect your skin,*** according to a study published in ***PLoS One***. Men who consumed more than 2 teaspoons of olive oil each day showed fewer signs of sun-related aging than men who consumed less, the study found. The researchers say the MUFAs in olive are especially beneficial because they contain squalene, which may protect against free radical damage. No need to chug olive oil-just use it in place of canola or vegetable oil.

Daily Activities and Classes at the Center

Monday

SilverSneakers Muscular Strength and Range of Movement ~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310*
Quilting ~ 9:00 ~ Room 303*
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Clay “ Beginning Throwing” ~ 10:00 ~ Ceramic Room*
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ TBA ~ DB Pool
Knitting ~ 1:00 ~ Room 303*
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 8:00-2:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 9:30-12:30 Room 303*
Renaissance Strings ~ 10:00 ~ Atrium*
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium*
Laughter Yoga ~ 11:00 ~ Room 302*
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ TBA ~ DB Pool
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Muscular Strength and Range of Movement~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310*
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Clay “Hand building” ~ 10:00 ~ Ceramic Room*
Strength Training ~ 10:15 ~ Gym
Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Lap Swimming ~ TBA ~ DB Pool

Table Tennis ~ 1:00 ~ Gym
Belly Dancing ~ 1:00 ~ Room 302

Thursday

Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dancing ~ 11:30 ~ Room 302
Good Neighbors ~ 12:15 ~ Lounge
Jam Session ~ 12:30 ~ Cafeteria
Lap Swimming ~ TBA ~ DB Pool
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym

Friday

SilverSneakers Muscular Strength and Range of Movement ~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ TBA ~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym

Any class with an asterisk next to it will resume week of August 26th unless otherwise specified

TRAVEL AND SPECIAL EVENTS

Barter Theatre **Good Ol' Girls**

Tuesday, August
20, 2013

Depart at 10:30

And Return at 5:30

Lunch at Red Lobster

Sign up NOW!!



**Grab your girls and
come have a good ol'**

time! A catchy musical about strong southern women. When life gets tough, good ol' girls just keep right on going - and when life gets challenging, well, they just burst into song! Inspired by the stories of two best-selling southern writers, and quilted together with the music of chart-topping country pop songwriters, it's a toe-tapping, life-affirming show.

Flat Rock Playhouse Presents: **"Les Misérables"**

Thursday, August 8, 2013

Flat Rock, NC

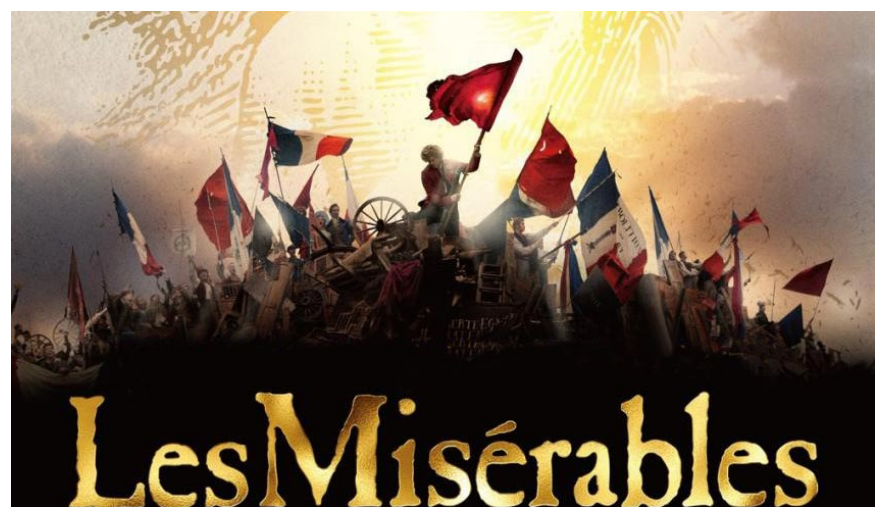
9:15am-7:00pm

\$44.00 plus lunch on your own

Lunch at Cracker Barrel

This international sensation may be the most popular musical in the world. Epic, grand and uplifting, *Les Misérables* packs an emotional wallop that has thrilled audiences for a generation, and now for the first time, it will be on the Flat Rock stage. Set in early 19th-century France, *Les Misérables* is the story of Jean Valjean, a French peasant of abnormal physical and moral strength, and his never-ending quest for redemption. After serving 19 years in jail for having stolen a loaf of bread for starving relatives, Valjean decides to break his parole and start his life anew, but he is relentlessly tracked down by a police inspector named Javert. Along the way, Valjean and his cohorts get swept into a revolutionary period in France, where a group of young idealists make their last stand at a street barricade. Our all-new production will feature a cast of thirty performers and a new production design that will make this musical a "can't miss" summer event!

Sign up now!



Backstage Tour at **Barter Theatre**

Wednesday, September 4, 2013

9:00am-3:30pm

Abingdon, VA

Cost: \$8.00 transportation

\$5.00 day of trip

Lunch at Barter Café

Must be able to use stairs!

Sign up begins August 9.

TRAVEL AND SPECIAL EVENTS

OTLB: Alamo Steakhouse

Friday, August 16, 2013
Pigeon Forge, TN
9:30am-4:30pm
Cost: \$8.00

Lunch on your own
Menu located at front desk

Sign up begins August 2.

Wolhfahrt Haus Presents:
"Almost Heaven"
Songs of John Denver

Thursday, September 12, 2013
Wytheville, VA
9:45am-7:00pm
Cost: \$44.00 all inclusive

Relive the beloved music of America's own John Denver! His songs from the late 60's and early 70's were played and sung throughout the entire world. WHDT's talented cast of singers and musicians will perform 29 of John Denver's song's including *Rocky Mountain High*, *Sunshine on my Shoulder*, *Leaving on a Jet Plane* and our own Appalachian area favorite, *Take me Home, Country Roads*. Do not miss this musical experience Almost Heaven that evokes memories and images of Denver's beautiful America.

Sign up begins August 6.

Whitestone Country Inn Day Trip

Tuesday, September 3, 2013
Kingston, TN
8:30am-5:30pm
Cost: \$25.00 all inclusive

Boat rides
Beautiful country views
Yard games
And more!

Buffet meal included!



Sign up begins August 6.

"Kiss Me Kate", A Musical

Thursday, September 19, 2013
Barter Theatre
10:30am-5:30pm
Cost: \$32.00

Lunch on your own at Logan's Roadhouse

Fred and Lilli are a divorced couple who can't live with each other and can't live without each other in this hilarious musical romp. Fred is directing and producing a new musical version of Shakespeare's *The Taming of the Shrew*– if he can convince his leading lady (and ex-wife) Lilli to cooperate. Relive the classic 1948 musical, with its stunning choreography and perfect Cole Porter tunes, in a production only Barter can bring you. Full of laughter, wit and romance, *Kiss Me Kate* is a musical delight that will have you humming long after you leave the theatre.

Sign up begins August 2.

Your Page

From the Dancing Corner

No dance in August

Various Avenues of Long Term Care

Thursday, August 15, 2013

Card Room

10:30-11:30am

FREE

Presented by :
Shawn Davis with Total Insurance
Planners

Doughnuts and coffee will be served.

Sign up now!

Senior Services Fair

Tuesday, September 17, 2013
First Floor Atrium
9:00-11:30am
FREE

For more information contact Marlana
Williams 392-8405

Massage Therapy

Tuesdays with Cheryl Merrican
30 minute massage
Cost: \$15.00
Call 423– 791-4222

Bob Ross Style Painting

Wednesday, August 21, 2013
10:00am-2:00pm
Room 303

Cost: \$50.00 payable at sign up
Supplies provided!
Bring your lunch!!



Sign up now!!

Wood burning Class

Friday, August 16, 2013
9:00am-1:00pm
Room 303

Cost: \$45.00 payable to instructor day of class.
Instructor: Michele Howe
Maximum of 10 participants

Supplies, wood, and patterns are provided but
bring wood burning tool if you have one!

Sign up NOW.

NEWS TO USE

Trunk Sale

Friday, September 13, 2013
Front Parking Lot
8:00am-Noon
Free

Reservations begin August 13.

Gourd Bird House with Michelle Howe

Friday, September 27, 2013
9:30am-1:30pm
Room 303
Cost: \$45.00 pay to instructor day of class.

Materials supplied: Gourd, shingles for roof, raw umber, light/dark yellow, light/dark green, red and blue.

Materials to bring: Craft paint-black/white/burn sienna, glue gun and glue sticks, Paint brushes: 1 inch flat, round brush and liner brush, sea sponge.



Sign up begins September 3.

A Tasty Treat from Marsha

Zucchini Fries

Ingredients:

- Cooking Spray
- 1 tsp Italian Seasoning
- 1 1/2 Tbsp all purpose flour
- 3/4 tsp salt
- 3/4 cup dried bread crumbs (regular or panko; may also use finely crushed cracker crumbs)
- 2 medium uncooked zucchini
- 2 large white eggs

Directions:

1. Preheat oven to 500° for crispier or 425° for less crispy fries.
2. Coat baking sheet with cooking spray.
3. In a small bowl, mix together Italian seasoning, flour and salt; set aside.
4. Place breadcrumbs in a separate bowl and set aside.
5. Place egg whites in a separate dish and set aside.
6. Slice zucchini into “sticks” for fries.

Dredge zucchini in flour, then egg whites, then bread crumbs, making sure all sides are coated. Place coated fries on baking sheet. Roast for about 10 minutes until desired crispiness, turning once. May be served with marinara sauce or dip.

Original recipe is from Weight Watchers; shared from Pinterest.

Computer Classes

Must sign up in advance of first class

How to buy a computer tablet: Ipad, etc

Saturday, August 10
9:30am-11:30am
\$10.00 payable day of class to instructor
Instructor: Jamie Cyphers
Sign up NOW

P.C. Basics

Saturday, August 17
9:30am-11:30am
\$10.00 payable day of class to instructor
Instructor: Jamie Cyphers
Sign up NOW

Social Media 101 : Facebook and Twitter included

Saturday, August 24
9:30am-11:30am
\$10.00 payable day of class to instructor
Instructor: Jamie Cyphers
Sign up NOW



Generations Online Internet Class

Mondays, Wednesdays and Fridays
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.

**Computer lab is available
for use unless a class is
scheduled.**

KARAOKE



Will resume in September!

Genealogy Group

9:00am Friday's
Computer lab

Library Book Day

Thursday, August 15, 2013

Fall Classes 2013

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Ballroom Video Class

- Tuesday
 - Time: 4:30pm - 6:30pm
 - Room 302
- No instructor, practice to own

Basket weaving

- Tuesday
- Time: 9:30am - 12:30pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Thursday
 - Time: 11:30am-12:30pm
 - Location: Room 302
 - Instructor: Angela Price
- Must have 8 for class to begin.
Please sign up at office.

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

- Please visit website for meeting times
- Instructor: Claude Kelly
 - Website:
www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- **Please remember your annual \$10 firing fee**

Clay (Beginning Hand building)

- Monday
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee

Clay (Intermediate Hand building)

- Wednesday
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee



Clogging - (Beginning)

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Fall Classes 2013

Good Neighbors

- Tuesday and Thursday
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational singing at nursing homes

Jam Session

- Tuesday & Thursday
- Time: 12:30 noon
- Location: Cafeteria

Karaoke

- 3rd Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- M-F
- Time: 11:30am
- Location: Dobyys-Bennett pool
- No instructor, lap swimming

Mahjong

- Friday
- Time: 1:30pm
- Location: Multipurpose Room
- Instructor: Jean Change
- Beginners to Advanced players welcome.

Mini Cardio Exercise Class

- Tuesday & Thursday
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: John Plutchak

Renaissance Strings

- Tuesday
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucile Hincke and Jan Fenelon

SilverSneakers Muscular Strength and Range of Movement

- Monday, Wednesday & Friday (ongoing)
- Time: 8:15am - 9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing



Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Monday & Wednesday
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome

Woodshop

- Monday, Wednesday, Friday
- Time: 9:00am-2:00pm
- Location: Woodshop
- Volunteer Instructors
- Complete woodshop. Safety test required.

Zumba

- Tuesday and Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling



Fall 2013 BRANCH SITE SCHEDULE

Core Conditioning

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Drawing

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell

Line Dance - Intermediate

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- Tuesday, August 13
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Strength Training

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesday 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday, Wednesday & Friday
 - Time: 2:00pm - 4:00pm
 - Lynn View Branch Site
- Will resume in August

Ageless Grace

- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: TBA



Indoor Walking

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Diane at 423 765 9047.

Visit our website
www.kingsportseniorartisancenter.com
And like us on Facebook

<div data-bbox="108 475 687 615">  </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <p><u>21ST CENTURY JOB SEEKING *NEW</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee \$100 • Instructor: Jamie Cyphers • Wednesday 6:00pm - 8:00pm • Location: Computer Lab, Senior Center • Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview <p><u>2008 National Electric Code (Commercial)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$70 • Monday 6:00pm - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$70 • Monday 6:00pm-8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part I • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take</p>	<p>your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><i>CULTURAL/ARTS/CRAFTS</i></p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make five cards and take materials home to make five additional cards.</p> <p><u>Beginning Clay</u></p> <ul style="list-style-type: none"> • 8 weeks class • Tuesday, 6:00pm-8:00pm • Fee: \$60 plus \$10 clay and \$10 firing fee • Instructor: TBA • Minimum: 8 students • Maximum: 15 students <p>This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete eight different projects.</p> <p><i>HEALTH/EXERCISE</i></p> <p><u>Beginning/Intermediate Golf Clinic</u></p> <p>Date: August 12-16 Time: 5:30 p.m. - 7:30 p.m. daily Fee: \$60 Location: Warriors Path Golf Course Instructor: Dane Voss</p> <p>If you are a beginner or have played for a while and need to fine tune your game, this clinic is for you. It will cover all aspects of the golf game including grip, stance, full swing, and short game. The instructor just finished a summer internship at the famous IMG/David Leadbetter Academy. Get your game ready for fall!</p> <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria 	<p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday, 6:00pm • Instructor: Becky Mills • Limited to 15 participants • \$30.00 payable first night of class <p><i>DANCE CLASSES</i></p> <p><u>Beginning Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Couples Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class • Dates same as Line Dance • Fee: \$25 or free if you take Line Dance class • Instructor: Lyna Faye McConnell • Wednesday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Salsa Dance</u></p> <ul style="list-style-type: none"> • 4 weeks class • Fee: \$10 for 4 weeks/8 classes • Tuesday and Thursday • Time: 1:00pm • Room 302, Renaissance Center • Instructor: BJ Goliday <p>* Call for starting dates where not listed.</p> <div data-bbox="1326 2107 1899 2505">  </div>
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KINGSPORT SENIOR CENTER PRESENTS

ALASKA CRUISE TOUR

WITH PRINCESS CRUISES® ON CROWN PRINCESS®

11 DAYS / 10 NIGHTS ~ MAY 14 – 24, 2014



PRINCESS CRUISES
escape completely®

DAY	PORT	ARRIVE	DEPART
1	Anchorage - Arrive in Anchorage and check into your hotel for the night.		
2	Anchorage/Mt. McKinley - Sightsee by motorcoach to the Mt. McKinley Princess Wilderness Lodge. Spend the afternoon and evening at your own pace.		
3	Mt. McKinley/Denali - This morning, travel by motorcoach to the Denali Princess Wilderness Lodge. Upon arrival, travel into Denali National Park on a Natural History Tour. Overnight at the lodge.		
4	Denali/Whittier - Board the Direct-to-the-Wilderness rail for direct service to your awaiting cruise ship in Whittier. Embark and sail this evening.		8:30 PM
5	Hubbard Glacier, Alaska (Scenic Cruising)	3:00 PM	8:00 PM
6	Glacier Bay National Park, Alaska (Scenic Cruising)	9:15 AM	7:30 PM
7	Skagway, Alaska	7:00 AM	8:30 PM
8	Juneau, Alaska	6:30 AM	4:00 PM
9	Ketchikan, Alaska	10:00 AM	6:00 PM
10	At Sea		
11	Vancouver, British Columbia	7:30 AM	

Inside Cabin Category	ID	\$3,626
Outside Cabin Category	OF	\$4,126
Balcony Cabin Category	BD	\$4,226

Rates are per person, double occupancy, and include roundtrip airfare from Tri-Cities Regional Airport, cruise, port charges, government fees, taxes, and transfers to/from ship. PRINCESS CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

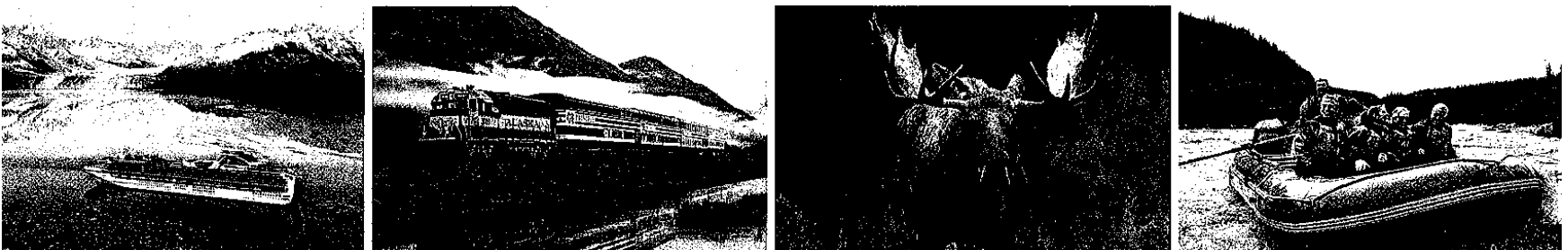
PASSPORT REQUIRED

DEPOSIT POLICY: An initial deposit of \$540 per person double occupancy or \$1080 per person single occupancy is required to secure reservations and assign cabins. Checks should be made payable to Grand American Tours. Credit Cards are accepted. Please call 1-800-423-0247. Final balance is due January 28, 2014.
Those who book early get the best cabin locations and their preferred dining times.

**FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT
MARLANA WILLIAMS ~ 423-392-8405**

1/28/14

Stunning glaciers • Breathtaking Denali National Park • Unforgettable wilderness adventures



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Kingsport Senior Center

Presents a Once in a Lifetime Vacation: 17 Days & 16 Nights Including
15 Day/14 Nights Australia & New Zealand Cruise

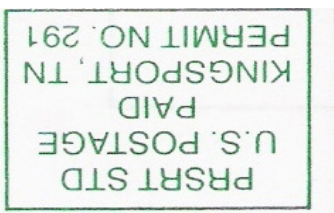


Aboard Celebrity's "Solstice"
Date: January 19 – February 4, 2014



DATE	DAY	PORT
1/19/14	TUE	Depart for Atlanta's International Airport. Spend the night in an Atlanta hotel before departing for Australia.
1/20/14	MON	Sydney, Australia – Arrive and board Celebrity's "Solstice" .
1/21/14	TUE	Sydney, Australia – Relax and spend another say in Sydney before the ship departs for New Zealand.
1/22/14	WED	Cruising – <i>Celebrity Solstice offers fine dining, magnificent venues, spacious staterooms, and award-winning service.</i>
1/23/14	THU	Hobart, Tasmania, Australia – <i>Hobart combines the benefits of a modern city with the rich heritage of its colonial past. The harbor and the easy going atmosphere all make Hobart one of her most enjoyable and engaging of Australia's cities.</i>
1/24/14	FRI	Cruising - <i>Take off your shoes and enjoy the Solstice's half-acre Lawn Club with real grass, or watch the fascinating Hot Glass Show.</i>
1/25/14	SAT	Cruising – <i>Enjoy chic dining venues offering trendsetting cuisine, and extraordinary programming including wildly entertaining theatrical productions.</i>
1/26/14	SUN	Fiordland National Park: Milford Sound - <i>surrounded by sheer rocks and lush forests; Doubtful Sound</i> featuring 2 distinct layers of water, fresh water over seawater; Dusky Sound - largest and most complex of the many fjords along this coast, with steep-sided cliffs and hundreds of cascading waterfalls.
1/27/14	MON	Dunedin (Port Chalmers), New Zealand - <i>Dramatic scenery and some of the finest historic buildings in New Zealand, including remarkable architecture that reflects the city's Scottish roots.</i>
1/28/14	TUE	Akaroe, New Zealand – <i>Nestled in the heart of an ancient volcano, Akaroa is rich with beautiful bays, French and English colonial history, even the largest little penguin colony on the mainland.</i>
1/29/14	WED	Wellington, New Zealand – <i>New Zealand's friendly capital city features gaily painted old wooden houses and a red cable car that takes you up to the Wellington Botanic Gardens and a fine view of the harbor. A must-see is the engaging Te Papa Museum.</i>
1/30/14	THU	Napier, New Zealand – <i>Arguably one of the prettiest cities in New Zealand, with elegant art deco architecture, captivating beaches and award-wining vineyards</i>
1/31/14	FRI	Cruising – <i>today is your last full day at sea. Make sure you don't miss out on anything the ship has to offer!</i>
2/1/14	SAT	Tauranga, New Zealand - <i>Located at the entrance to one of the largest natural harbors in New Zealand and nestled beside magnificent Mount Maunganui.</i>
2/2/14	SUN	Bay of Islands, New Zealand – <i>With beaches considered some of the best in the world, with perfect white sand and crystal clear water, home of the Waitangi National Reserve and known as the Birthplace of a Nation</i>
2/3/14	MON	Auckland, New Zealand – <i>Depart for your overnight Atlanta property.</i>
2/4/14	TUES	Depart for home with warm memories of your fabulous trip!

For Information, Please Contact: Shirley Buchanan @ 423-392-8403
Marlana Williams @ 423-392-8405



Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

picnic at Allandale

Tuesday, August 20, 2013

Allandale Pavilion

11:30am-1:00pm

FREE!

Sign up now!

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Community Federal Credit Union**

